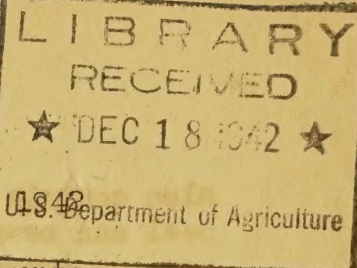


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UNITED STATES DEPARTMENT OF AGRICULTURE  
EXTENSION SERVICE  
Washington, D. C.



Digest of Homemakers' Chats for week of December 7 1942

(To be remimeographed and distributed to home demonstration agents.  
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Monday - In and Out of the Kraut Keg. This year packers had no tin allotted for sauerkraut, so--no more canned kraut. Marketing officials of the USDA and the packers got together on the problem and packers have converted from tin to wood. Millions of gallons of sauerkraut have already gone into barrels. Some cabbage is still on the market; some stored for selling later. When you buy kraut from the grocer's barrel or buy cabbage to make kraut at home, or buy fresh cabbage for salad or cooking, you are helping to save one of the country's valuable fall food crops. Home economists suggest that kraut is relish and vegetable. "The kraut keg is abrim with health" is an old saying. It does add some minerals and vitamins--not so much of vitamins as raw cabbage. Good kraut combinations are: with sausage, spareribs, pigs' knuckles, diced apple, fried liver, or baked fish. Some people stuff turkey or goose with kraut. To make the most of meat flavor, try kraut scalloped with macaroni and bits of meat, or with left-over mashed potatoes and cheese. Norwegians cook kraut quickly with browned fat and one-fourth teaspoon of celery or caraway seed. To this the Pennsylvania Dutch like to add onion, apple, and chopped potato. Sauerkraut juice - a popular beverage - is a good appetizer or first course. Some like it straight, others prefer it with lemon juice, or mixed with an equal quantity of tomato juice. Instructions for making sauerkraut are available.

Tuesday - Question Box. How to clean a man's felt hat? Home economists say it is easier to clean any article before it has become too dirty. For a hat needing complete dry-cleaning, rip off the ribbon, and take out the leather head or sweat band. Brush the hat well, using a stiff bristle brush. Try taking off spots by rubbing with art gum. For grease spots, try a thick paste of cornstarch and carbon tetrachloride. Spread on spots and let dry thoroughly, then brush off. Repeat if needed. If more cleaning is needed, use carbon tetrachloride in a bowl large enough to dip the whole hat in. Brush the hat as you dip it. Rinse in fresh carbon tetrachloride, dry a few minutes, taking up liquid with a soft cloth. Let the hat dry completely, then block the crown and press the brim. Rub the hat lightly with fine sandpaper and brush around in one direction. To clean the sweat band, put a teaspoonful of shaved paraffin and a pint of carbon tetrachloride in a glass jar, stand in warm water until melted, put in the sweat band and let it soak a half hour, then take out and brush well. Rinse in a clean bath of similar mixture. How to get rid of cockroaches permanently? Try to locate places of entrance, such as around water pipes or doorways and close with putty, plastic wood, or plaster of paris. Sprinkle or dust sodium fluoride on shelves or wherever roaches were seen. Let it remain 2 or 3 days. Repeat after a week. Sodium fluoride is a poison, so handle carefully. Borax may be used instead but, remember, it won't help if the roaches can reach any food.

Wednesday - Grapefruit and Tangerines. This year's production of tangerines is largest in our history. Grapefruit crop estimated 17 percent more than last year--or about 45 million boxes. Both are Victory Food Specials, December 3 to 12 (tangerines only east of Mississippi). Grapefruit is rich in vitamin C; tangerines



also contain vitamin C, but are richer in A. Because tangerines are so easy to peel and separate into sections, they are ideal fruit for the lunch box. When you buy tangerines, choose firm ones of a bright color. Buy grapefruit by the feel. Good quality is well-shaped, firm but springy. Thin-skinned grapefruit heavy for its size contains the most juice. Disregard the russet marks on the fruit as they are only on the outside and do not effect the quality. A few ways to use grapefruit--grapefruit sections in salad or dessert; if you like onions, try slices of white sweet onions and grapefruit on lettuce or other salad green with a dressing of lemon juice, oil, and salt. Grapefruit peel may be candied, and grapefruit makes delicious marmalade. For dessert, some like fresh grapefruit sections flavored with a little mint.

Thursday - Question box. Is it too late in the season to cut fuel wood? Winter-cut hardwood needs from 6 months to a year to season. But some kinds of wood can be burned while green and some after a short seasoning period. Green Douglas-fir heartwood is so dry it has very little more fuel value after seasoning than when green. Woods you can burn with very little drying are--biltmore, blue, white or Oregon ash; American beech; Douglas, Alpine, and noble fir; pignut and shagbark hickory; black locust; osage orange; red and lodgepole pine; red and white spruce; tamarack (Eastern larch). If protected from the weather, with good air circulation, for 3 months, these woods will compare well in fuel value with any seasoned wood. How to bleach a stubborn beverage stain on a white wool sweater? Textile experts of USDA say you can safely use sodium perborate and hydrogen together on white woolens. Sodium perborate sells at drug stores. Use this bleach rapidly and be sure to rinse it all out after removing the stain. Make a mixture of 1 level teaspoonful of the perborate to 1 pint of hydrogen peroxide. Use immediately, as it soon loses its strength. Sponge the spot on the white wool and rinse in lukewarm water. Also good for grass, mud, scorch, and some perfume stains. How to wash feathers? It's less trouble to wash feather pillows just as they are, but if the ticking covers are old you may need to wash feathers in a large muslin bag. Complete directions in USDA Farmers' Bulletin 1497-F. For washing pillows just as they are, make a weak solution of washing soda, add enough mild soap to make a good suds. Wash in tub, or a washing machine of cylinder type. Rinse two or three times and dry in a warm place. Poultry experts of the USDA say feathers don't need washing very often. To keep them fresh and fluffy, sun and air them often and beat them with the hand every day to fluff them up.

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UNITED STATES DEPARTMENT OF AGRICULTURE  
EXTENSION SERVICE  
Washington, D. C.

Digest of Homemakers' Chats for week of December 14, 1942

(To be remimeographed and distributed to home demonstration agents)  
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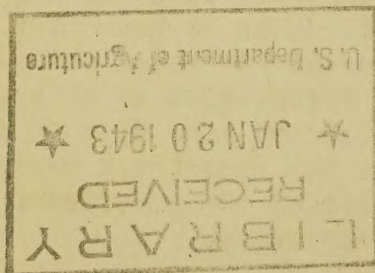
Monday - Wartime cooking ware. The familiar metal pans and kettles are vanishing from stores along with metal kitchen tools and gadgets. Metal must go to war, so the cook must learn to use materials not needed at the front. In October WPB ordered a cut in iron kitchenware from 200 different items to only 12; of some 450 enamelware items made in peacetime, only 25 are left for wartime manufacture. Reason, steel makes the base for enamelware. Cuts in galvanized ware--some 150 items cut to just 4--release some 44 thousand tons of steel and over 10 thousand tons of zinc. A November 23 order cut the manufacture of metal kitchen tools and gadgets. Only 8 are continued for home use--wire strainers, can openers, egg beaters, food mills, food choppers, and grinders. New materials coming in to take the place of metals are wood, paperboard, glass, earthenware, and pottery. Home equipment specialists of USDA suggest you read the label on the dish before you cook in the new glass, pottery, or earthenware. Be sure the utensil is meant for top-stove use before you use it there. Avoid sudden changes in temperatures with pottery, earthenware, and glass. Never put pottery, earthenware, or glass on the stove empty. Be sure the heat is not too great for earthenware and pottery. If you have a stove that can't be turned low, use an asbestos mat under the dish to spread the heat. Before using glass or pottery on a kerosene stove, be sure the wick is trimmed evenly and carbon wiped off, so no high points of flame will come up to crack the dish. These dishes need more careful handling than metal. Some use only wooden spoons to stir or beat food in them. About washing--rinse these new dishes as soon as empty, using water about the same temperature as the dish. Never put a hot dish in a cold, wet sink or in cold water. Otherwise, wash pottery, earthenware, and glass as you do china, with warm soapsuds and a hot-water rinse.

Tuesday - Question Box. More about an earlier question on how to clean spilled grease in an enamel-lined oven. The easiest time to remove spilled grease is while it is still warm and soft. Soft absorbent paper is good. When oven is cold, wash and, if necessary, scour with a damp cloth and mild scouring powder. A questioner has hickory nuts and filberts, and can buy peanuts, almonds, pecans, and English walnuts. Asks if all are salted the same way. Home economists of USDA say all these can be salted in the oven, thereby saving on fat and cooking fuel. Slip off skins of peanuts and blanch almonds. To blanch, put nuts in a wire sieve in a saucepan pour on boiling water, leave about 3 minutes, lift out, and the almond skins will slip off easily. Dry on towel. Melt 3 to 4 tablespoons of well-flavored fat in a pie or cakepan, spread out a layer of nuts to cover the bottom of pan and put in a very moderate oven (300 degrees), stir until cooked a light brown--8 to 10 minutes. Spread on absorbent paper, and sprinkle with salt while they are still warm. Another homemaker writes that her husband eats lunch in a restaurant and asks how he can tell how much of the restricted meats he has eaten so she can know how much less to allow him at home. Restaurant and hotel men are cooperating in the share-the-meat program. Many display information as to approximate uncooked weight of the servings of meats in each standard meat dish on the menu. Some restaurants will soon offer half-portions of the restricted meats at reduced prices. Restaurant patrons will soon notice fewer of the restricted meats are served each day, but more dishes made from the variety meats.



Wednesday - Christmas trees and greens in wartime. When Teddy Roosevelt was President, there were 2 years when he wouldn't permit a Christmas tree in the White House. He was such an ardent conservationist he thought it wasteful to cut trees in the forests, bring them indoors for awhile and then throw them away. One year his sons Archie and Quentin smuggled a Christmas tree into Archie's room where they trimmed it. Later, when Gifford Pinchot, then U.S. Chief Forester, told the President that proper cutting of Christmas greens need not menace the future of forests, T.R. permitted Christmas trees in the White House, thereafter set up in Archie's room. USDA foresters say, if you make a point of thinning overcrowded stands in the woods when you cut Christmas trees, you are doing the woods a good turn. Foresters estimate American farmers and others sold about 10 million dollars worth of native evergreens and berried plants for Christmas decorations last year. If you are providing your tree from your own woods this year, you may want to dig it up with its roots and place it in a tub or bucket of moist soil or peat moss so the tree will hold its needles longer. If you use a small tree, you can dig it with a ball of earth around the roots and when its service as a Christmas tree is over keep it in a cool place, water carefully and later plant out of doors. If you cut tree, set it in a container of water so it will remain fresh longer. Why not use your tree this year instead of throwing it away when you are through with it? Cut the trunk in lengths suitable for fireplace or stove and tie the sticks in a bundle to dry for firewood. Some people use the branches to protect their gardens from snow and wind. If you don't have facilities for burning wood, you can set out your tree as a shelter and feeding station for the birds.

Thursday - Question Box. First question--What is the difference in food value, if any, between the two kinds of turnips, rutabagas and white? USDA home economists answer: Yellow turnips or rutabagas rate a bit higher than white if you compare root parts only. Rutabagas have more vitamin B1; both yellow and white turnips have about the same amount of vitamin C, riboflavin, and niacin. Rutabagas are a little richer in carbohydrates and minerals. But the tops of white turnips are our turnip greens that supply vitamin A, several of the B vitamins, and vitamin C. Another writer asks for directions for making soup with potatoes and milk. Use 2 cups raw potatoes chopped fine or grated, 2 tablespoons of fat, 1 tablespoon of chopped onion, 1 quart of milk, 1½ teaspoons salt, and pepper. Add potatoes, fat, and onion to the milk. Cook over low heat until potatoes are tender, add salt and pepper and serve. Why do directions for keeping eggs fresh always say never to wash them? Water destroys the "bloom" or protective film which keeps the pores of the eggshell closed and prevents bacteria from entering the egg, also odors from other foods. A question on cutting down the job of ironing to save work and electricity--Write U.S. Department of Agriculture, Washington, D. C. for a copy of a leaflet, How To Make Your Ironing Equipment Last Longer, which USDA home economists recently put out. In the meantime, some tips from it. Fold things evenly for the wringer, hang straight on the line to save ironing out so many wrinkles; put articles to be ironed with the same temperature together and begin with those that take the least heat; heat the iron hot enough before you start but don't overheat; sprinkle clothes evenly and don't get them too wet; have your ironing board well padded, set at the right height, in a comfortable light and sit down to iron if you can.



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UNITED STATES DEPARTMENT OF AGRICULTURE  
EXTENSION SERVICE  
Washington, D. C.

Digest of Homemakers' Chats for week of December 21, 1942

(To be remimeographed and distributed to home demonstration agents.  
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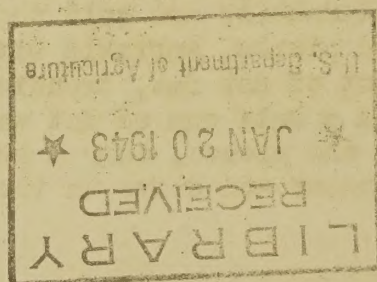
Monday - Wartime restrictions and Christmas. With all the necessary wartime restrictions on foods, goods, and services, Christmas traditions can be carried on with surprisingly little change. Cakes and puddings probably will be made partly with sirup or honey. By using corn sugar and glucose the candy-making industry has been making a pound of sugar stretch to more than a pound and a half. Much candy manufactured now goes to the armed forces. Soldiers' "extreme emergency" food package, Ration D, contains hard chocolate and sugar--lots of body fuel and little bulk. The candy industry also makes for armed forces the concentrated Ration K including dextrose tablets, chocolate, and chewing gum, in case drinking water is short. To turn out the candy needs of soldier and civilian, 1,200 plants and 70,000 workers are necessary. Civilian demand averages about 16 pounds per person a year. Normally the industry uses 222 million pounds of chocolate a year. Since December 15, chocolate for novelties--decoration rather than food--has been cut out by Government order. Agricultural Marketing Administration of USDA purchased 382 thousand pounds of chocolate and over a million pounds of cocoa between March 15, 1941, and October 31, 1942. This month they bought more than 12 tons of chocolate. As to Christmas trees, toys, and ice cream--no restricting orders on trees, but handlers are asked to use no unnecessary rubber and gasoline or men needed for war work, and that trees be cut to improve the forests. Toys got their orders in November--no more of certain metals and other critical materials. Children need to understand many toys will be scarce from now on. Ice cream manufacture is cut 20 percent by the Government for December and January, to save more butterfat for butter.

Tuesday - Question Box. Today's questions are about washing a new rayon tablecloth, kitchen gifts, and serving rabbit as a main dish. USDA textile specialists say wash the tablecloth by the same rules as for other rayon materials--handle gently, use lukewarm water, and don't rub, twist, or pull. First take out any stains; next, make a heavy suds of mild soap; dip the cloth up and down in suds until clean; press and squeeze the cloth gently to take out suds; rinse through several lukewarm waters. If the day is cold, hang cloth indoors. Don't use clothespins. Or if cloth is not too large, roll it in a couple of turkish towels. Iron when two-thirds dry with a cool iron. Too hot an iron will pucker the material. USDA home economists suggest as kitchen gifts to take the place of home-made jellies and jams unusual kinds of bread, such as nut, raisin, date, or fig bread. Two tablespoons of grated orange rind mixed with dough for a loaf of quick bread makes orange bread. You can do the same with grated cheese, a cupful for each loaf. Or "pink" bread, substituting tomato juice for water in an ordinary yeastbread recipe. A neighbor might appreciate a gift loaf of home-made yeast bread or a pan of uncooked icebox rolls. Would casserole of rabbit be suitable for Christmas dinner for two? And is it all right to eat rabbit in December? December is one of the best months for wild rabbits because in most places the hunting season on rabbits is open this month. Domestic, hutch-raised rabbits are sold the year round. For casserole, cut rabbit into serving-sized pieces, sprinkle with salt and pepper, roll in flour, brown lightly in a small amount of hot fat, transfer pieces to casserole, add some of the fat from the skillet and a half cup of hot water. Cover and cook in moderate oven 1 1/2 to 2 hours. Remove the pieces, make a gravy from the drippings, put the meat back into the gravy, and reheat and serve in the casserole.



Wednesday - Wild nuts. Wild nuts harvested from forest trees represent one-fifth of our domestic nut production. At least 10 commonly known kinds of edible nuts grow wild in the United States. Some have been domesticated and improved. Nuts were one of the principal foods of the Indians. The word "pecan" is of Indian derivation and means any hard-shelled nut. A considerable part of our pecan crop comes from wild trees growing in Southern States. In spite of difficulty in cracking black walnuts, they are exceedingly popular because of flavor and nutritive value. Black walnuts should be harvested as soon as they fall from the trees and the hulls removed soon afterward so the nuts may dry easily. Otherwise the kernels become discolored and the flavor rank. A close relative of the walnut is the butternut, hardiest member of the family. Many prefer butternuts to walnuts because of greater ease in taking out the meat. Hickory nuts have a delicate flavor, and a hickory-nut cake is in a class by itself. Of smaller edible wild nuts, the pinyon or "pine nut" has become commercially important in recent years. Beechnuts, sweet and oily, are gathered only for home use and seldom sold. In the norther Lake States where the climate is too cool for other nut trees to thrive, children enjoy gathering hazelnuts, relative of the filbert. If your family larder includes wild nuts, they'll come in handy when planning wartime meals.

Thursday - Question Box. "We shall have 10 people at Christmas dinner. Can you suggest ways to make the dishwashing easier?" USDA home economists suggest three things to help--cut the number of dishes and utensils to be washed; arrange the kitchen for easier work; organize your helpers for table clearing and dish wiping. Cook some of the dishes the day before, so utensils can be washed then. Plan to have foods such as candied sweetpotatoes or scalloped white potatoes served in baking dishes. Arrange the kitchen to have enough counter or shelf space. If possible wash pots and pans right after using but, if the dinner won't stand even a few minutes delay, put water in the saucepans as you empty them. Stack the soiled dishes on the right, if you're right handed, wash in the dishpan in the sink, and drain in a drain-basket on the left. With plenty of hot, sudsy water and a second pan of very hot rinse water, the dishes will soon be clean. "I'd like to know the easiest and neatest way to carve a turkey." For easy carving, USDA home economists recommend a well-sharpened carving knife with a long, thin blade. Serve the turkey on a large platter not overloaded with garnishes. Steady the bird on the platter with a wedge of bread or apple under each side. Unless the platter is very large, provide an extra plate for the pieces as they are cut off. Place the bird on the table with the legs pointing directly toward you or to your right, as you prefer. First remove one leg and one wing. With the carving fork in your left hand hold the bird down firmly, placing the fork squarely across the ridge of the breastbone. In carving the breast, slice downwards and away from yourself. How do you make mulled cranberry juice for a Christmas night "wassail cup?" Boil a quart of cranberries in 5 cups of water until soft; let them drip in a cheesecloth bag. Sweeten juice to taste, adding a few grains of salt. Add 4 or 5 short pieces of stick cinnamon to each quart of juice and 12 whole cloves. Bring to boiling point, cool, and let stand several hours to blend. When ready to serve, take out spices and reheat the juice.





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U. S. DEPARTMENT OF AGRICULTURE

Digest of Homemakers' Chats for week of December 28, 1942.

(To be remimeographed and distributed to home demonstration agents. Not for broadcasting.)

Monday - Notes on ice refrigerators. Office of Price Administration has announced they are putting dollars-and-cents maximum prices on ice refrigerators, applying to those now on the market as well as some 300,000 new ones to be manufactured in 1943. USDA home economists suggest ways to insure good service from an ice refrigerator and make it last. Put it in a cool place. See that it stands level and firm. Check the inside temperature by putting a reliable thermometer inside for an hour and keeping the door closed. Temperature should not be lower than 40 degrees F. or higher than 50 degrees. Never cover the ice with paper or anything else to keep it from melting. It's the melting of the ice that keeps the box cold. Open the door as little as possible and shut it quickly. Keep in it only foods that need to be cold. Let warm food cool before you put it in the box. Acid on enamel, grease on rubber can damage your ice box. Avoid getting acid foods on the finish of the refrigerator and guard the gasket or rubber seal around the door, wiping off any spilled food or grease immediately. And keep fingers off the rubber gasket. The best time to clean the refrigerator is just before fresh ice goes in. Take out all food, containers, and any remaining ice. Wash inside of refrigerator with baking soda dissolved in warm water, a level tablespoonful to a quart. Then go over surface with cloth wrung out of clean water and wipe dry. Remove and clean the drain pipe and trap every few weeks. Once a week flush the drain with a pint of warm water mixed with a tablespoonful of soda. USDA has a folder, "How to make your refrigerator last longer."

Tuesday - Question box. Southern tradition is that Hopping John served on New Year's Day brings prosperity for the year. How do you make it? USDA home economists reply, Wash and soak dried black-eyed peas or beans overnight in enough water to cover. Cook a ham knuckle in 2 quarts of water 2 hours. Add 1 cup of the soaked peas or beans. Cook until peas are almost tender. Remove the ham, add 1 cup of washed rice and salt and pepper to season. Boil gently about 20 minutes or until the rice is soft and the liquid almost cooked away. A side dish of greens would round out the menu nicely, with fruit for dessert. A homemaker asks how to prevent a wooden salad bowl from cracking. USDA wood specialists say most wooden bowls are finished with a thin, transparent lacquer or varnish. Some are waxed. If the coating is melted off by hot water or acid, the wood is no longer protected. Best way to care for a wooden bowl is to wipe it out with a damp cloth after using, then dry thoroughly. Avoid putting the bowl into water or letting it stand with moist salad materials in it after the meal is over. These bowls are usually carved from a solid block of wood, and the grain runs in different directions. If the bowl gets water-soaked, it swells, then shrinks as it dries and splits where it is weakest. Third questioner asks how to make liver sausage. USDA meat specialists say, Put the head, tongue, skin, heart, and small pieces of trimmings on to cook after thoroughly washing, and simmer until easily boned. Now scald the liver for about 10 minutes in the liquid the other meat cooked in. Use up to one fifth as much liver as other meat. Grind all cooked materials, including the liver, moderately fine. Add about one-fifth as much by weight of the liquid the materials were cooked in, season to taste, and mix thoroughly. More complete instructions and other recipes are in USDA Farmers Bulletin, No. 1186, "Pork on the Farm."



Wednesday - Winter breakfasts. Breakfast in a wartime winter is especially important. An active growing child needs to break his fast in the morning with foods that arouse his appetite and foods for energy and body-building. Adults doing heavy work need a substantial breakfast, others who sit at work may need only fruit, a warm beverage, and toast. Elderly people often find their vitality low in the morning and need a substantial meal to give them a pick-up for the day, especially since many prefer not to eat their heavy meal in the evening. A well-known psychologist recently said a forgotten or hasty breakfast may be responsible for children's midmorning drowsiness and low grades at school, for adults' poor appetite, tired feeling, and "touchiness." A good breakfast wakes up appetites, provides nourishment and energy for the morning's work, and lifts the spirits too. The general pattern can be the same if you give it enough variety to add interest appeal. Fruit makes a good starter. For energy food, the breads and cereals fit into the pattern. The more whole-grains used, the better for the family. Try whole wheat cooked in milk. Besides the energy foods, you may have body-building foods, milk, an egg dish, or a meat, poultry, or fish dish. When you serve any of these, you may well have a dried-bean or cheese dish for the protein dish at dinner. For a breakfast drink in cold weather, most people want something hot.

Thursday - Farm-family living and spending plans for 1943. It's time to take inventory and make plans for spending and saving in wartime. The farm family's 1943 duties include producing more food than ever before, frequently with a smaller household because of members absent in military or defense work. They, like other citizens, will meet new and unaccustomed taxes and buy war bonds and stamps. Many items for family living are scarce, many cost more. USDA extension workers suggest calling a family council to plan how the family can make its best contribution to the war effort and how the home is to be managed in 1943 for the best good of everybody. Suggested points to talk over include: (1) A good financial plan, one that includes meeting taxes, buying war bonds, and paying off debts; (2) aim at family teamwork to get the necessary work done together and meet financial goals; and (3) aim to provide your own food supply. North Carolina Extension Service suggests some questions for your family council to consider. How can we put our farm on a sound financial basis? Why is it so important for farm families to produce food? Also fats and fibers? How can our family provide adequate food for home use? An inventory is suggested of both farm and home, what equipment you have, what you are going to need, what you can put off buying or do without. Work out a financial plan for paying debts and taxes and keep systematic records showing money earned and money spent. Food is as necessary as tanks, ships, and other supplies. Our armed forces, allies, and civilians depend on farm families for food. Production of protective foods in particular will need to be increased. Raising food at home saves bringing foods from a distance and saves the cash your family has to spend for food. The farm family should plan to meet the labor situation--who is going to do each part of the work. Perhaps some members can learn new skills, such as repairing equipment or remodeling clothing.